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|  BELIE INDSET19 June | 2019 |
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| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  |  |  |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  |  |  |  | FMHS GRADUATION6PM |  |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| WORKOUT #1 | WORKOUT #2 | WORKOUT #37ON7 @FM 6PM | WORKOUT #4 |  |  |  |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| WORKOUT #5 | WORKOUT #6 | WORKOUT #77ON7 @FM 6PM | WORKOUT #8 |  |  |  |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| WORKOUT #9 | WORKOUT #10 | WORKOUT #117ON7 @FM 6PM | WORKOUT #12 |  |  |  |
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| ALL WORKOUTS ARE FROM 830-1130 | ATHLETES SHOULD HAVE PROPER FOOTWEAR FOR EACH WK OUT (CLEATS/TENNIS SHOES) |  |  |